

Get the Fats Straight: The Omega Balance

Equally as important as decreasing the overall intake of fat to reduce the incidence of disease is to balance the ratio of omega 6 fats to omega 3 fats in the diet.

Research has shown that too much omega 6 fats actually contributes to a higher risk of heart disease yet the American Heart Association continues to recommend an increase in omega 6 fats despite this data.

The optimal ratio of omega 6 fats to omega 3 fats for the human is 1:1 while most Americans are 25:1 or greater. To correct this, one might consider (1) reducing the consumption of omega 6 fats, (2) consuming more healthy omega 3 fats, or (3) a combination of the above.

Good plant based sources of omega 3 fats come from ground raw flaxseed, fresh basil, bay leaf, oregano, rosemary, thyme, mustard seeds, tarragon, spearmint, grape leaves, capers, raw chia seeds, cucumber, cabbage, broccoli, cauliflower, brussel sprouts, turnips, lettuce, collards, watercress, arugula, kale, spinach, radish, chayote, zucchini, leeks, onions, pinto beans, red beans, soybeans, taro, and fresh cloves.

Research has clearly demonstrated that omega 3 supplements do not act the same in the body as omega 3 rich foods. In fact, supplements have been shown to increase the rate of disease and omega 3 supplements, in particular, might actually increase the risk of cancer.

Furthermore, in a huge study with 9,380 cases, there was a 22% higher risk of diabetes in people who consumed omega 3 from fish (supposedly a good source) five or more times per week versus those consuming one serving of fish per month. It is important to note that while fish contains omega 3 fats, it also contains a large percentage of saturated fat (bad fat).

While most omega 6 fats in the American diet are derived from polyunsaturated vegetable oils from processed, refined, deep fried foods and sea food, healthier plant based options for omega 6 fats are found in avocado, walnuts, sunflower seeds, sesame seeds, pecans, watermelon seeds, pumpkin seeds, brazil nuts, peanuts, almonds and pine nuts.

Sources: Dr. Neal Barnard, [Foods That Fight Pain](#) and Dr. T. Colin Campbell [The China Study](#) and [Whole](#).

(please see next page for disclaimer)

Disclaimer:

These statements have not been evaluated by the U.S. Food and Drug Administration. Information is intended for the purpose of sharing information only and is not intended to diagnose, treat, cure or prevent any disease. Before beginning any supplemental or dietary regime, consult a licensed medical physician.

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